Nation

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Honduras: the undiscovered country

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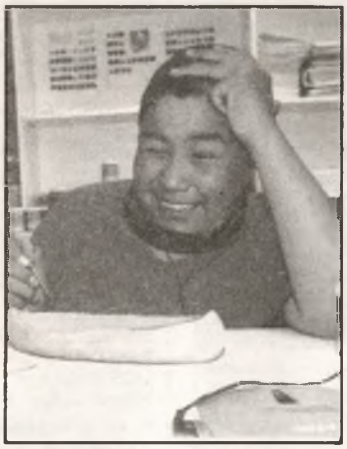
TIME TO GET EDUCATED

I was under the impression that the James Bay and Northern Quebec Agreement enshrined Cree rights to educate our children in the language of our choice. That we were exempt from the provisions of Bill 101 and its language law companions.

Not so, according to the kindly old lady who served my son and I while we were trying to get a Certificate of Eligibility so that Eric could attend an English-language high school. "Sir, you are no longer on a reserve," I was told quite strongly.

Perhaps I should start from the beginning. I apparently arrived with too few documents, despite phoning ahead to find out what documents they needed. That was when I tried to access my right as a Cree to have my son taught in the language of my choice. Alas, no forms were on hand for a general exemption and in the end it just became easier to go back home and phone around for the material they demanded of me.



One of the documents they requested was proof that one of his parents was a Canadian citizen. I was confused as one of the pieces of identification we had shown them was Eric's Indian status card. I said that if he had an Indian status card then obviously one of his parents had to be Indian under the Indian Act and therefore a Canadian citizen. (I know a few Mohawks who might disagree with me here.)

The kindly little old lady looked at me and said just because your son has a driver's license that didn't mean either of his parents did. That is when I realized that the bureaucracy had its own skewed logic and there was nothing human about it.

I did, however, contact one of the higher-ups in the Cree School Board, thinking that perhaps I was mistaken about my rights. I was informed that one of the Loon clan a couple of years back had the same problem, went to court over it and won. The Cree rights were upheld.

I arrived back with documents in hand, waited for a while, and was served by the same kindly old lady. She nodded and gave me her stamp of approval as I now had brought all the necessary documentation required by the Bill 101 bureaucracy.

Since I was golden and when everything had been photocopied, signed, i's dotted and t's crossed, I ventured that there was a court case involving Cree rights a couple of years ago. I was informed quite strongly that it only applied to that Cree person and it was not a legal precedent. And that if I wanted those rights I would have to fight for them myself and it would only apply to me.

It turns out she was right about that, according to one legal beagle I talked to. I was told though that a child in English school on reserve could have a special exemption.

In the end though it would seem that in the skewed logic of the government, a Cree right is only an individual right that would apply across the board if each and every Cree took them to court to make sure that they had that right. Then, of course, each new generation of Cree would have to do the same because the former would not be a precedent.

By the Creator, that's a lawyer's wet dream! A continual battle for the same rights over and over again. The majority of the research is done so costs are low even though fees would undoubtedly be high.

Perhaps an easier method would be simply to launch a class-action lawsuit on behalf of all Crees present and future? But given our "new relationship" with Quebec maybe a talk with the right people would see a change.

Let's hope this happens before a Cree population explosion. Wait, aren't we having one right now? That would mean that I and others may be only the tip of the Cree iceberg entering into Bill 101 waters. As our population grows by leaps and bounds there will be more of us educating our children off-reserve for one reason or another.

Think about it and think about how the Cree are going to deal with it. If a right can be watered down and eventually taken away by a bureaucracy then is it not our duty as Crees to fight to keep it? Shouldn't we look at an addition to Cree negotiations whereby the right of a Cree to educate their children in whatever language they chose is a matter of fact?

I leave these questions in our leaders hands.

By Will Nicholls

CONTENTS

NEWS

5 OJ Toxins Report

7 Sewers anyone

BRIEFS

Great Whale on?
Problems at Em-1

FEATURE

10 Honduras

15 Safety Tips for the Kids

21 Urban Indian

23 Xavier

ON THE COVER

Memories of Honduras

Photo: **Steve Bonspiel**
Design: **Richard Lawson**

Rez notes

SONNY ORR

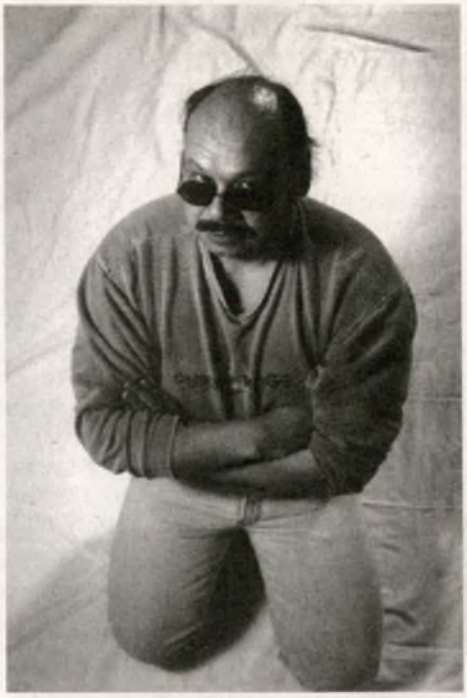
WHERE HAVE ALL THE OLD GUYS GONE?

I happen to be a smidgen over 40 and the hill is not in sight yet, at least for a young man like me. My looks haven't changed for 20 years now but I've noticed that many other men my age look quite a lot older than I. No, I'm not using Grecian Formula (even though I would love to) nor am I tempted by Minoxidil and the wonders they claim, nor do I ever even have to think about Viagra, but, I've noticed that I could use a good aftershave.

The wonder years of my life have left me with wondering what to do with the rest of it? Is it the ravages of a midlife crisis or is it just that I'm still stuck in the 70s, the years when I could boast that I was a little older and wiser than my compadre, Ndiamon, who happens to be a few years younger than I, albeit a little older looking. I look at my father and wonder if I will ever have the distinguished (grey and white) hair that he has, but hey, who am I kidding. I think that the loss of my follicles, which happened soon after I lost something that others tend to love to lose (virginity) or hang onto for dear life (in the case of girls from south of here) gave me an advantage over older guys. Yes, I was considered a little more mature and therefore reasonably considerate and dependable.

Today, the crowning glory that adorns many other craniums is artificially imbedded through many complicated sutures and cuts, leaving the top lawn of a man looking somewhat like the head of a plastic doll, all neatly laid out in rows and columns, slightly tufted together. Now, I wonder where that hair came from, and what do you do in the case of a curly head? Which part of the anatomy do the transplanted hairs come from and who is the unlucky donor?

In many ways, I can count on my wrinkle-free face to fool many a fool, but when I take off my baseball cap, the farce unfolds freely and the fools are no longer fooled. Which reminds me of one day, strolling through a massive mall in downtown Montreal, I was stopped by the boys in blue. I was escorted to the patrol car



NEIL DIAMOND

and placed in the back seat. Whoa, I thought, what have I done? I was asked many questions which I answered back in a stuttering way and I had this incredible sinking feeling that I was going to be put away. "Why do you have two names and why are the photographs of you so dissimilar?" queried one holstered man of the law. At this point, I started to lose my composure and started sweating profusely.

I glanced over to the new video screen at a picture of myself, or some total stranger who happened to have a near genetic duplicate structure as I. I took off my cap to wipe my head free of the sweat that gathered by the litre. One officer looked at me and said, "Whoops, I think we have the wrong guy. The one we want has hair. You can go now, Mr. Orr, I apologize for thinking that you were the bank robber we were after." I thanked God for all his wisdom and I thanked my refusal to bend over and dump the Minoxidil on my head. Yes, I was proud of my great reflector and happy that I wasn't going to be afraid to take a shower and drop the soap by mistake. All other men who are follicl challenged as I should take note: grow mullet, half is better than none and age a wonderful thing.

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Nation

OJ TOXINS STUDY: EAT AND BE WARY SAYS NIEBOER

The Crees of Ouje-Bougoumou are healthier because they consume wild game and fish, but they must still be careful about eating wild game and fish.

That's the seemingly contradictory conclusion of a year-long study of toxic contamination in fluid and hair samples of 200 Ouje residents.

The study, titled "Exposure and preliminary health assessment of the Ouje-Bougoumou Cree population to mine tailings residues," was lead by McMaster University toxicologist Evert Nieboer and Quebec physician Eric Dewailly. It was released to Ouje residents during a community meeting Sept. 3.

It found "moderately elevated" levels of mine tailings elements in Ouje Crees compared to a control group of 100 Nemaska residents, especially of arsenic and copper. But the study concluded people in Ouje are not at risk of systemic exposure to these potentially toxic substances.

The study blames high cadmium and lead levels on smoking and the use of lead shot in hunting. Meanwhile, higher mercury and PCB levels are linked to consumption of contaminated predator fish such as walleye and trout.

"We found some surprises, both positive and negative," Nieboer told the *Nation* in an interview.

For instance, fatty acids and cholesterol levels were better than expected in Ouje Bougoumou residents, he notes. Nieboer relates that finding to fish consumption and says it reduces the risk of heart disease. "To have the actual data was very convincing."

A negative surprise was in the unexpected presence in the Ouje Cree of high levels of organochlorines – especially residues of the insecticide DDT.

High levels were found in people over 40 who consumed a diet rich in fish and game.

"The levels are high compared to the Inuit and other Native peoples," Nieboer says. "We cannot discount the possibility it may be supplemented by special sources, especially Lac Chibougamau and Lac Dore."

But Matthew Wapachee Sr. was disappointed the study or the community meeting didn't talk about solutions for his favourite fish foods – lake trout and walleye – in Chibougamau and Dore lakes.

"That's what I wanted to hear, but they didn't talk about that, only the sicknesses," said Wapachee. "It's been three years now I haven't fished in Chibougamau lake. I used to eat the fish there all the time. Not now."

Wapachee and his family live on Chibougamau River, near both lakes. He says he must now drive 50 km to fetch drinking water for the family.

Nieboer told the *Nation* that organochlorine contamination is suspected of causing cancer, and has been associated with disrupted endocrine function and disturbed menstrual cycles.

"There is a genuine concern focused on children and women of reproductive age," Nieboer says. "Huge exposures (of organochlorines) can have acute effects."

Thus the report recommends guidelines on the consumption of wild game. "The regular consumption of game liver and kidney is not advocated," it says. "A concern arises because persistent contaminants accumulate in kidney (especially cadmium) and in liver (e.g., cadmium, mercury and PCBs)."

But Nieboer concludes from the data he and Dewailly collected that while there is some cause for concern, there is no evidence of the medical emergency New Hampshire researcher Christopher Covel warned of in an initial study three years ago.

"There is not a health emergency," Nieboer says. "There are some concerns about PCBs. But we have to be wise. It's very clear from the study that subsistence food is healthy. But we need guidelines. If a woman is pregnant, she should eat less predator fish and more white fish. It's not giving up these foods, but being wise about it. I feel strongly about that."

Covel, for his part, finds the recommendations inconsistent. "Where in the report does it say anything about how mine tailings affect the health of the people?" Covel asks. "One minute it's saying everything's okay. Then it's saying don't eat the fish. It's not a big, complex issue. There's contamination. It's in the ecosystem, in the biota. And it's being eaten by Homo sapiens. And the Homo sapiens are getting ill and dying. Any questions?"

Matthew Wapachee doesn't have any question about what caused the contamination. "The mining caused all that," he says angrily. "I thought they would clean it up. But the mining companies came in and took everything worth money and left all the bad stuff behind in the lake."

Wapachee is not hopeful the health or environmental studies will amount to much. "It sounds like they don't want to bother with it. But we can't wait 20 years to clean it up. If you see where I live on the river, the water doesn't look nice. It's brown and the rocks on the shore are covered with a black mud. But it's not mud, you know?"

At 72 years old, Wapachee is looking to what kind of legacy he will make of his fishing territory that now can't be used for fishing. "When I die, what do I have to give to my children? Dirty water."

Report recommendations

1. *The impact on the general environment of the elements related to mine tailing residues should be assessed as part of the ongoing environmental risk assessment, even though there is no evidence for unusual intake by humans.*
2. *The source of the organochlorines PCBs and DDT/DDE should be investigated as part of the ongoing environmental risk assessment.*
3. *Replacement of leaded ammunition should continue to be encouraged.*
4. *Is is recommended that consumption guidelines for subsistence foods be reviewed, updated and their use by the Cree communities should continue to be promoted. The following factors should be incorporated in a more formal consumption guideline program. Routine monitoring of local fish tissues and kidney, liver and fatty tissues of piscivorous fowl and of game should be initiated. Consumption guidelines should be based on the biomonitoring results obtained for fish caught in local lakes and rivers and for wildfowl and game bagged in the communities' hunting grounds. The importance of consuming subsistence foods in maintaining health should continue to be factored in.*
5. *The regular consumption of game liver and kidney is not advocated. A concern arises because persistent contaminants accumulate in kidney (especially cadmium) and in liver (e.g., cadmium, mercury and PCBs).*
6. *Anti-smoking interventions are likely to yeld significant health benefits.*

By Lyle Stewart

This is in reference to your editorial in the August 22, 2003 issue.

The editorial implies that the Grand Council orchestrated the suspension of Bertie Wapachee as Chairman of the Cree Board of Health and Social Services. This allegation is totally false. Neither the Grand Council leadership nor staff had prior knowledge of the action that the Cree Health Board members would take at their meeting with respect to the chairman of the their Board. The action they took was at their discretion as an elected board.

Had the author of the editorial taken the time to research how Cree governance functions or called one of the officers from the Grand Council this misconception and disservice to the Nation readers would have been avoided. It is the responsibility of the editorial staff of the Nation to comment on issues without making unfounded and completely false allegations.

Concerning the action of the Health Board in the present case, the Health Board is responsible for providing health services to Cree patients just as the Cree School Board is responsible for providing education services to Cree students. They are not political entities but service entities.

The political leaders of the Cree Nation are the elected Grand Chief, Deputy Grand Chief, the 9 local chiefs and the 9 other Council-Board members who in turn constitute and act through the Grand Council of the Crees. The Grand Council Cree Regional Authority appoints three members to the Board of Compensation, one member to the Cree School Board and one member to the Cree Health Board. It is through these appointments the Grand Council CRA can intervene to protect Cree Nation rights and interest if they deem that those service entities are in need of assistance.

The Grand Council as the lead political entity reserves the right to intervene in the education or health sectors if governments take adversarial or punitive actions or if the rights of Cree Nation citizens to services are jeopardized. In fact the Grand Council, in collaboration of the Cree Health Board, led the negotiations for the past 4 years on Cree Health Board funding. The funding from Quebec has gone from 32 million to over 54 million and the intention is to have the Health Board sufficiently funded to meet the needs of the Cree People for social and health services on the same basis as other Quebecers. We must have the financial means to meet the challenges caused by the diabetes epidemic, rapid culture change and the abuses experienced at residential school, as well as the other environmental and genetic conditions and diseases that presently plague us.

The Grand Council CRA agreed several years ago to allow its appointed representative or seat at the Cree School Board be elected by general election. Every three years the Cree electors decide who should be the Grand Council CRA member to chair of the Cree School Board. This fact does not make the Cree School Board independent from the Cree political leadership nor should it be. In many jurisdictions there are popular elections for health and school boards that do not make such elected officials or their entities replacements for the existing governments.

In most democracies individuals do not run at random for Minister of Health or Education. There cannot be a separate government for health or education but one Cree government that provides these services to its citizens. Imagine the chaos if the Premier Charest could not appoint his Minster for education and or health from his political party.

Cree individuals are free to express their opinions on Cree political issues, but once appointed as Chairperson by their fellow board members or in a popular election they are duty-bound to put their efforts into providing services and not to turn that chair into a political pulpit for commentary on issues not under the jurisdiction of the concerned entity.

Bill Namagoose
Executive Director
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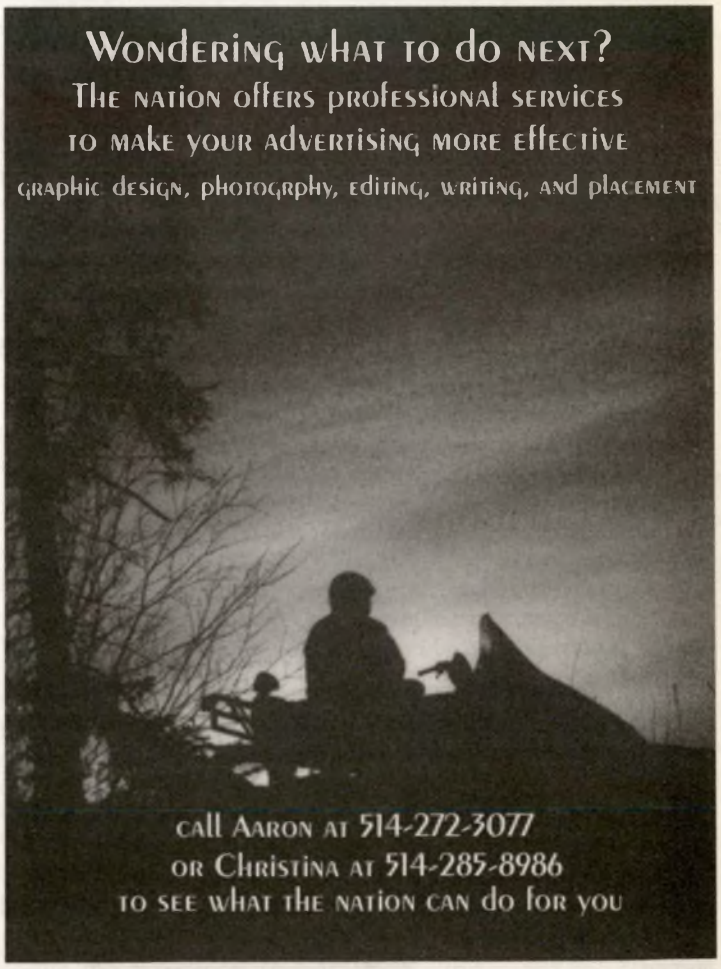
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PHOTOS BY NEIL DIAMOND

Inuit to get proper sewage

Crees will benefit as well

By Steve Bonspiel

The Inuit and the Cree of Great Whale are working together on a project slated to bring their communities up to today's living standards.

The project involves revamping the underground water system, to make it available to all three communities (Inuit, Cree, non-native). Currently, the Inuit are the only ones without an aqueduct system.

One of the big problems with the current system is the amount of salt water that seeps into the water supply. Aside from contaminating the water, the salt eats away at the pipes.

"We believe that this way we'll be able to provide water that's fresh and clear for all three communities, and salt free," said Pierre Roussel, the municipal secretary treasurer for the Inuit. "We've been working towards something like this since I started working for the municipality, 15 years ago."

The old system has been around since the 1950's, when the army had bases in the north, and the settlements were seen as temporary.

With over 1,500 permanent residents in Great Whale, the owners of the current system, Societe Immobilier du Quebec (SIQ), were looking to "normalize" their operations in the north by transferring this operation to the municipality. The municipality balked, due to the age of the system, and the SIQ decided they would provide the funds to build a new system in the upper part of the village.

Money was also obtained from the Kativik regional government.

The municipality has also started building a sewage treatment plant which will be located on the Inuit side of Great Whale. These projects will serve both communities, and will cost the Inuit roughly $7 million for the sewage plant. For their part, the Cree will be spending roughly $1.4 million on the underground water pipes.

The work on these projects started in August, and is scheduled to take two years for the whole project to be fully completed.

In the past, the Inuit had to truck in their water, and get rid of their sewage in the same way. Sewage was often dumped at a dumpsite, or into Hudson Bay.

Funding for the Cree side of the project came partially from the Gathering Strength program, set up to aid native communities across the province. Another source of funding was the federal "rust out" program which is available to anyone across the country. This program was created to upgrade existing infrastructure, as well as to build essential services in communities across Canada.

Discussions with the province to secure the funding needed for the Inuit side of the project was difficult. Roussel believes this had to do with the fact that the other Inuit communities have permafrost; therefore the money for a project such as this will never have to be spent in the other communities.

Also, the thinking in the community was that the old system created jobs. They needed people to haul the water and the sewage. The new system will eliminate those jobs, and there are mixed feelings about that.

The project will employ 12 Inuit and 12 Cree on a full-time basis.

John Shem, director of operations for Whapmagoostui First Nation, stressed that the project has nothing to do with the Paix des Braves agreement.

This project was already in the works, and none of the money allocated to Great Whale through the agreement was spent on this project.

Charest to go for Great Whale River?

When Premier Jean Charest unseated the Parti-Quebecois in last spring's provincial election, one of he things he assured the Cree is that he would not dam the Great Whale River.

But in June of this year, the *Nation* has discovered, he apparently went back on that promise when he contacted Pita Aatami, president of Makivik Corporation, and said that he would like to open up discussions on the Great Whale River, and its future development.

Aatami informed Charest that he would not discuss the possibility unless the Cree were present, since it affects them as well.

Christine Martin, a spokesperson for Hydro, said that the Great Whale River could be open to negotiation, but the actual costs of the project at the current market conditions would be too high.

Charest went the Annual General Assembly of the Grand Council of the Crees and Cree Regional Authority on September 11th, 2003 becoming the first Quebec Premier to talk at a Cree AGA.

Charest was asked by Nation reporter Neil Diamond if rumours were true that he had talked to the Inuit about the possibly of the Great Whale hydro-electric project being revived. Charest denied any meeting had taken place contradicting Aatami. Charest told people that Great Whale was not on the table"...yet."

Five minutes before Charest had assured Lisa Petagumskum that he would protect the Great Whale River from development.

At the AGA Charest announced the province would be constructing 50 housing units for medical staff in various Cree communities. He also assured Cree leaders that the present provincial government would "actively participate in the implementation of the 'La Paix des Braves agreement."

New problems at EM-1?

According to the Quebec City-based newspaper, *le Soleil*, there are problems at EM-1 that are threatening to push the completion date of 2007 further behind.

According to the paper, obsolete equipment and an inability to foresee some of the problems has resulted in many delays.

Hydro Quebec denies the claims. Christine Martin, a spokesperson for the utility says the delays are so minimal that

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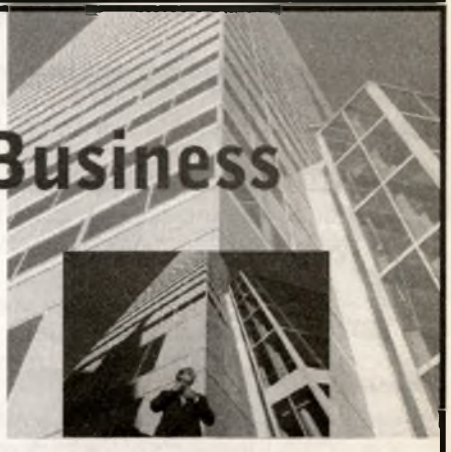

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they are actually factored into a project of this magnitude.

"These are not delays that are threatening the scheduled completion date of 2007. There are even aspects of the project where we are in advance, such as the (completion of) camp," she said.

Martin claims that *le Soleil*'s reporting was erroneous, and that in a job like this (EM-1) where people spend an inordinate amount of time together, there is bound to be infighting and complaining, but essentially that's all it amounts to. "Everything becomes a drama," she said.

She said there is one aspect where the construction is behind schedule, but it's minor compared to the overall picture. "In order to build the dam in a dry place, you have to stop the water while building. This is called the *galerie derivation*, and it's the only thing that is a little behind."

"Sometimes the schedule might change because of the weather, or the delay of materials arriving, but at this point, there are no major delays.

Nadia Villeneuve, spokesperson for CSD construction, agreed, "according to the initial schedule of due dates, works will be ended in time."

A mix-up occurred when Hydro Quebec had tentatively projected more work at the site for union members, but the reality of the project dictated otherwise.

"There was an announcement made by Hydro Quebec, which led us to believe that it would have more need of manpower this summer, autumn and winter. So it creates a certain disappointment to our members which expected to be able to work there," said Villeneuve.

Currently, there are 450 workers working on EM-1.

"There are no problems of slowing down due to working relations. Current delays are due to problems of management, the organization of camps, dormitories, and sanitary installations. We expect an acceleration of works from the spring 2004; to resume lost time," stated Villeneuve.

As far as the outdated equipment goes, Villeneuve said that there would have been minor delays, regardless of the age of the equipment.

Mistissini Lake Mystery

It appears there has been another sighting of the mysterious creature in the water seen near the community of Mistissini. A resident, who wishes to remain anonymous for now, says that the report that the UFO (unidentified floating object) was bigger than a car length and that it has been seen again. With two recent sightings and numerous ones in the past in Mistissini Lake people say there is something going on.

The Nation therefore offers two things: a **$100 cash prize** for the first ***clear*** photo of the object (and not a faked one) and the **prestige** of knowing you have started up a tourist industry as people flock to see the Mistissini Mystery. You will get to keep all the rights to the photo but will allow a one-time use of the photo in the *Nation*. You may sell the photo to another newspaper or CBC at any time along as we are allowed to use it as soon as it is developed. People with photos may send them to:

The Nation Mistissini Mystery,
5505 St. Laurent, Suite 3018,
Montreal, Quebec,
H2T 1S6

Drug mule winning stupidity sweepstakes

A Great Whale man is probably reconsidering the wisdom of a life of crime.

The man, whom Kativik Regional Police didn't identify, caused a disturbance Sept. 1 while going through metal-detection security at the Whapmagoostui/Kuujjuarapik airport. The detector sounded, but the man refused to allow a body search. But he still insisted on boarding his plane.

Police were called, and it turned out that the suspect had $45,000 in cash on a belt strapped to his stomach and back. Metal filaments in that quantity of banknotes apparently caused the metal detectors to sound an alarm.

Unfortunately for the man, there were also notes attached to the large sum of money giving explicit instructions on how to obtain different types and quantities of illegal drugs.

"The suspect was getting on a plane bound for Montreal when the metal detector went off, so they asked him to lift his shirt, he refused and we were summoned," according to Larry Hubert, Chief of Police for the Kativik Regional Police Force (KRPF).

When the police got there, the suspect was still uncooperative and antsy. They proceeded to bring him down to the station to perform a search. That was when the money was found.

Charges have not been formally laid and the suspect was subsequently released the next day.

If the money seized goes unclaimed, it will be sent to Quebec City to the minister of public security, and will be divided amongst the police forces for drug prevention.

Hubert says that the KRPF is in the midst of upgrading their training to deal with these types of incidents by creating a drug task force. He predicts that by October they will have a program in place that will deal more affectively with the rise in drug trafficking and abuse.

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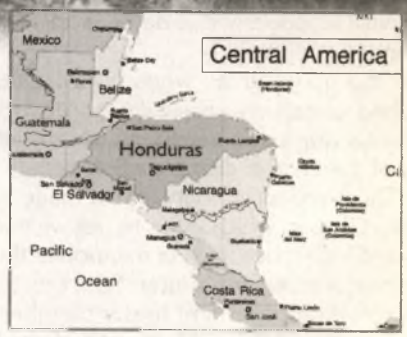
Honduras: the undiscovered country



Eco tourism is a word that is widely used, often times in the wrong context. In this article, we will examine Indigenous eco tourism in Honduras. From the Native people known as the Miskito, to the Garifuna, who for all intents and purposes, aren't considered native.

Honduras is located in Central America with Guatemala situated to the west, and the Caribbean Sea to the east and north. El Salvador, Nicaragua and the Pacific Ocean border the southern part of the country.

There are over six million people who live in this beautiful, but underdeveloped country. Over 700,000 people live in the nation's capital, Tegulcigalpa. The largest industrial city, San Pedro Sula, is home to approximately 350,000.

This country used to be part of the vast ancient Mayan empire that stretched across southern Mexico to northern Belize, Guatemala, El Salvador, and western Honduras.

The most prominent city at the time of the Mayan rule over Honduras was Copan, whose ruins house one of the longest Mayan Hieroglyphic inscriptions ever found.

At the height of the Mayan civilization, Copan was apparently abandoned, with the last recorded hieroglyph dating back to 800 A.D. Much of the population evidently remained in the area after that, but the educated class had suddenly, and mysteriously, vanished.

At the time of the Spanish conquest, there were between 1 million to 2 million Indigenous peoples in Honduras. This included the Chorotega, Pipil, Jicaque, and Sumu nations. Today, there are roughly 500,000 Indigenous peoples scattered all over the country.

The country's currency, the Lempira, was named after a Lenca Chief who first attempted to revolt against Spain's forced enslavement of his people, and then while negotiating with the Spanish for better living conditions, was murdered.

The defeat of Lempira's revolt accelerated the decimation of the indigenous population. In 1539 an estimated 15,000 Native Americans remained under Spanish control; two years later, there were only 8,000 left.

Most of those that were left were divided into "*encomiendas*," a system that left the native people in their villages but placed them under the control of individual Spanish settlers. Under this system, the Spaniards were supposed to provide the indigenous people with religious instruction and collect tribute from them for the crown. In return, the Spaniards were entitled to a limited use of indigenous labour. This arrangement did not always work out in the Native peoples favour.

Steve Bonspiel recently traveled to Honduras to study indigenous economic initiatives, eco-tourism projects in particular.

Produced with the support of the Government of Canada through the Canadian International Development Agency (CIDA)

As the native population declined, the settlers exploited those remaining even more ruthlessly. This exploitation led to constant clashes between the Spanish settlers and authorities on one side and the Roman Catholic Church on the other. Ultimately, the Native people's interests could not be protected. A lot of Natives lost their land as well as their lives.

The country's rustic beauty and location brings with it a certain amount of natural danger. In 1998, the country was devastated by Hurricane Mitch. At its peak, Mitch was considered a category five storm with winds gusting up to 180 MPH. Tens of thousands of people were left homeless. Hurricane Mitch was responsible for approximately 10,000 deaths in Honduras, Nicaragua, Belize, Guatemala, and El Salvador.

The carnage caused by Mitch is still visible in some areas. Rebuilding has been a slow process, especially when the strength of the local currency (Lempira) is at an all time low. Financial aid from the Canadian International Development Agency (CIDA) totaled just over $78 million for the country, and $100 million overall to all the countries affected.

At the time of our visit to Honduras, the Canadian dollar was equal to about 12 Lempiras.

The Mosquito Coast

During our trip to Honduras, we visited the infamous Mosquito Coast, and learn more about the eco tourism ventures in this remote area. Much has been said about this rustic part of the country, yet few have had the privilege to visit it. There was even a movie made about it in 1986, starring Harrison Ford, aptly named *The Mosquito Coast*.

The shores of the Mosquito coast are home to an interesting mix of Native peoples, and descendants of slaves who escaped from British trading ships, and came ashore to their freedom. These former slaves began breeding with the Miskito Indians, which changed their appearance so much that they could pass for African Americans.

The Mosquito Coast got its name from the Miskito Indians, not from the number of pesky mosquitoes there, contrary to popular belief.

The area is relatively inaccessible, and can only be reached by plane and boat. Our journey brought us to Raista, which was only accessible after landing on a grassy runway at Palacios, and then heading out on the water for an hour-and-a-half ride to Raista.

Raista is a quaint little town of a mixed people who resemble African Americans more than they do Indians.

There is no electricity, running water, or any of the amenities that North Americans have become accustomed to.

The terrain is rugged, and at times our guide, Eddie Bodden, had to get out of the canoe in order to safely navigate shallow waters. His knowledge of the water is unbelievable, as we had to leave under cover of heavy darkness in the early morning to catch our plane from Palacios, back to La Ceiba. He was able to negotiate the lagoon solely with the help of a flashlight.

The boat that we were traveling in was very similar to North American dugout canoes. Powered by a 20 horsepower motor, and due to the shallowness of the water, we never went faster than 15 miles an hour.

The children are taught at a very young age how to use these

Honduran recipes

Yucca Pie

In the poorer regions of Honduras, the yucca root is a staple food. It grows anywhere, from muddy riverbanks to sand. It's a lifesaver to those living on land where nothing else will grow.

We picked this particular recipe up from Elma Bodden, who hails from the Miskito Indian village of Raista. Her kitchen is locally renowned, and everyone from NGO workers to tourists, to locals, eats here. This is a variation on pumpkin pie, dense, sweet, chewy and wonderfully flavored.

- 1/2 cup flour
- 1 cup sugar
- 2 cups grated yucca
- 2 sticks marg. or butter
- 2 cups coconut milk
- 2 tsp. baking powder
- 1 cup of coffee
- 3/4 tsp. vanilla
- 1/2 tsp. cinnamon
- 1/4 tsp. allspice
- 1/4 tsp. nutmeg
- 1/4 tsp. salt

Topping:

- 1/2 stick of butter
- 3/4 cup powdered milk
- 1/2 cup sugar
- 1/2-3/4 cup water

Preparation: Combine flour, salt and baking power. Cream butter and sugar; add spices, coconut milk, and coffee. Mix in dry ingredients. Pour into greased, floured baking pan and bake in a 375-degree oven until it solidifies and turns golden brown on top.

For the topping, melt butter; add sugar, powdered milk and water. Hydrogenate by stirring while heating. Cook until thickens. Pour over top of pie.

The next recipe came from a Pech man in the heart of the Rio Platano Biosphere.

Campers Orange-Coconut Cake

- 2+ cups of pancake mix (adjust according to amount of liquid produced by fruit)
- 3/4 cup sugar
- Water from one coconut
- One orange
- One lime
- One egg
- 1-2 teaspoons baking powder (usually don't need much as pancake mix has some in it already)
- 1-2 tablespoons oil

Preparation:

Boil down the coconut juice until one-third original volume, take off the heat and cool for a few minutes. Squeeze in lime and orange juice, beat in egg and sugar. Mix in dry ingredients slowly. Cook over lowest possible heat for 10+ minutes. Test with knife, as soon as no dough sticks, take it off the burner immediately. Latent heat from pan will continue to cook it for a few minutes and nothing is worse than dry cake in the jungle.

Nous sommes en quête de nouveaux

administrateurs!

Chef de file mondial en matière de télédiffusion autochtone, le Réseau de télévision des peuples autochtones (APTN) est à la recherche de candidats intéressés à siéger en tant qu'administrateurs au sein du conseil d'administration d'APTN (11 postes doivent être dotés).

À titre de membres d'un conseil d'administration formé de 21 personnes, les administrateurs doivent en tout temps agir au mieux des intérêts d'APTN, en plus d'observer ses règlements, politiques et procédures, ainsi que les codes de conduite et de déontologie du conseil d'administration.

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- Ne pas être employé du Réseau
- Être prêt à consacrer beaucoup de temps à ses fonctions
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- Une lettre indiquant la région où le candidat habite, et une preuve de résidence dans cette région
- Un curriculum vitæ
- Une ou plusieurs lettres d'appui (le comité n'en considérera pas plus que trois)
- Une déclaration voulant que le candidat n'ait jamais été reconnu coupable d'un acte criminel

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Les documents soumis doivent faire référence au dossier n° BDA-02. Prière de les poster au plus tard le 17 octobre 2003 à minuit (HE) – le cachet de la poste en faisant foi –, à :

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types of boats. Some grow up to be guides, or lobster divers, while others prefer to fish in the conventional way, by using a net or a traditional rod.

Boats from all over the world come here looking for experienced lobster divers, and have used the Miskito Natives for many years. The people on the boats would hire the Natives

to dive for a specified amount of time, pay them a certain amount, and then take their catch back to their country and sell it at a high price. Unfortunately the main hazard to this type of job is decompression sickness (the bends), and a fair number of them succumb to it. This can result in paralysis, or worse, death.

The villages along the Miskito coast are very small, with Raista itself being home to only about 60 or 70 inhabitants.

The current population of the Miskito Indians is guessed to be around 1,500, although a formal census has never been taken.

Eco tourism in La Mosquitia

According to Oliver Hillel, the tourism program coordinator for the United Nations Environment Program, true eco tourism contributes to society in many ways:

1. Helps in the conservation of biodiversity.
2. Sustains the well being of the locals.
3. Involves responsible actions on the tourist's part.
4. Is delivered to small groups by small-scale businesses.
5. Requires the lowest possible consumption of non-renewable resources.
6. Stresses ownership by the locals (in most cases, Indigenous peoples).

In Raista, there is a perfect example of a true eco tourism venture, in the form of a butterfly farm owned by a local Miskito man, Eddie Bodden. On our visit, he also acted as our guide, boatman, and local historian.

The farm itself has been in operation for eight years, although at the time of our visit, it had shut down for various reasons. The principal reason for the shut down is the lack of funds available to keep it going.

There are over 800 species of butterflies in Honduras. When the farm at Raista first started off eight years ago, they were managing 28 species. Presently, they have up to 46, 18 of which are exported to the U.S.

The farm has exported the larvae produced there to places like Texas, Colorado, and California (San Diego Zoo).

It was started back in 1995 by a Peace Corps volunteer named Roberto Gaillardo. Bodden worked with Gaillardo for a year to get the necessary training on how to run a butterfly farm. The project was managed and organized in collaboration with a local non-governmental organization called Mopawi. After the year was up, Bodden was left in charge of managing the technical side of the butterfly farm.

The idea to start the farm had been floating around for quite some time before it became a reality, according to Gallardo, "Around 1992, the San Diego Zoological society came down to do a project feasibility study in conjunction with Mopawi. They were looking to buy butterfly pupae if they could install a butterfly farm," he said.

"The report sat in a filing cabinet for some time, until another peace corps volunteer ran into it, and told the executive director of Mopawi, Osvaldo Munguia, that he knew a 'butterfly guy.' Osvaldo got a hold of me and I did a feasibility study along the Mosquito Coast to find the appropriate conditions for a farm. On my second trip, I picked Raista as the site for Honduras' first butterfly farm."

There was a chain of processes that Gallardo, and Mopawi had to go through to get the permission to set up the farm in Raista. First they had to go through the local governmental forestry service (CODEFOR). There was a permit that they had to acquire to actually produce the larvae.

Once CODEFOR gave the permit for production and exportation, they required it to be matched with a permit from the San Diego Zoo saying that the zoo could actually

import the larvae as well.

Gallardo did not stop there, he was also responsible for starting a second butterfly farm in Honduras, located at the Lodge at Pico Bonito, and a third farm in the ancient town of Copan.

Running a butterfly farm is a very meticulous business. Bodden would go in every day and collect the eggs off of the leaves. If the larvae are not taken off the leaves, ants come in and feed on the eggs. He would then put them in a plastic container, and keep an eye on them so that when they hatch, he could take them and place them on the leaves with the correct species to feed.

When the pupae are ready, they are distributed as follows;

40% are exported, 20% remain for the farm to continue, and the remaining 40% are reintroduced into the forest.

It is a priority of Bodden's to make sure that there is something to put back into the environment.

In the natural environment, the butterflies only achieve about 10% of production because they have a large number of natural predators that eat the eggs, larvae, and pupae. By introducing them back into the forest, he hopes to help the population to grow.

Luring Bodden away from his job of 15 years as a lobster diver wasn't easy. Gallardo managed to gain Bodden's trust, and bring him under his tutelage, despite stiff opposition and ridicule by the townsfolk. The people told him that he was foolish to leave his job as a lobster diver, that he would lose all his money, and that this foreigner would trick him. This, of course proved to be false. Gallardo was there to help the area expand, and to make it more inviting to tourists.

Eight years after meeting Gallardo, Bodden is still managing the farm, while trying to teach his family more about it in case something happens to him. His sons, William, 21, and Dueto, 19, are being groomed to eventually take over the technical aspects of the farm.

When the farm was still operating, they would receive upwards of 700 visitors a year, an astounding number when the inaccessibility of the village.

Along with the farm, Bodden's wife, Elma, runs Elma's Kitchen, which is frequented by peace-corps workers as well as some locals. People can eat very affordable, healthy meals-alongside great company.

Traditional Miskito meals include a food called Capao. It consists of beef with banana and malangua, cooked together and eaten with coconut milk. There is also something called Waboo, which is made out of bananas that are left to mature, pounded, and added to coconut milk.

The town of Raista literally revolves around the Bodden clan. When expeditions come up the river, they usually spend a night at the Bodden clan's *hospedaje* (hostel) before heading further up river to one of the bigger towns, Las Marias. There are only a couple of rooms at the *hospedaje*, but if the expedition numbers more than four, the alternative is to stay with a family in the village.

Despite being isolated from the rest of the world, the Bodden family has a lot of experience in dealing with tourists. The Miskito coast has long been an attraction for tourists looking to 'rough it' a little more than usual.

Be sure to pick up a copy of the next Nation *in two weeks time, where we'll conclude our look at Honduras' indigenous eco tourism ventures.*

Beesum communications, and The Nation *magazine would like to thank the Canadian International Development Agency (CIDA) for their support in making this project a reality. Without them, this story would not have been possible.*

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Safety Tips Series

Part 1 of 3

Keeping our children safe is usually the first priority in our lives. How often do we think about the length of a window blind's cord, or about how heavy a table lamp may be? Yet these two examples can seriously harm a child (choking, and heavy object falling). This article will point out other possible hazards to your child in your home and explain ways to avoid them.

For newborns (0 to 6 months): Keep one hand on baby during diaper changes to avoid him or her rolling off the bed or change table. Keep supplies within reach. Make sure cribs and playpens are secure. Do not use dangerous baby-walkers on wheels. Use safety straps in baby's high chair at all times. Put your child to sleep on his or her back and never place a pillow, comforter or stuffed toy in with the baby as that could cause suffocation. When your baby begins to eat solid foods, make the pieces as small as possible to avoid choking (See To Prevent Choking; below)

For older babies (6 to 12 months): Always install safety gates at both the top and the bottom of the stairs, and never use a pressure gate at the top because a child can push on it and fall. Always make sure gates are firmly attached to walls and banisters. Do not use a baby walker on wheels as a child could tip over, fall and get a serious head injury. It's better to use a motionless activity centre instead. When using a high chair never let your child stand up in it, or crawl up the side. Always use the safety straps to keep your child securely in the chair. Always make sure there is no furniture near windows or near balcony ledges, as small children can use them to climb up and fall. Always use window guards or fix the windows so that they can't open more than four inches. Window screens will not prevent a child from falling. Keep large toys and stuffed animals out of playpens as children can step on them to climb out. Always use the safety straps attached to shopping carts if you place your child in the seat.

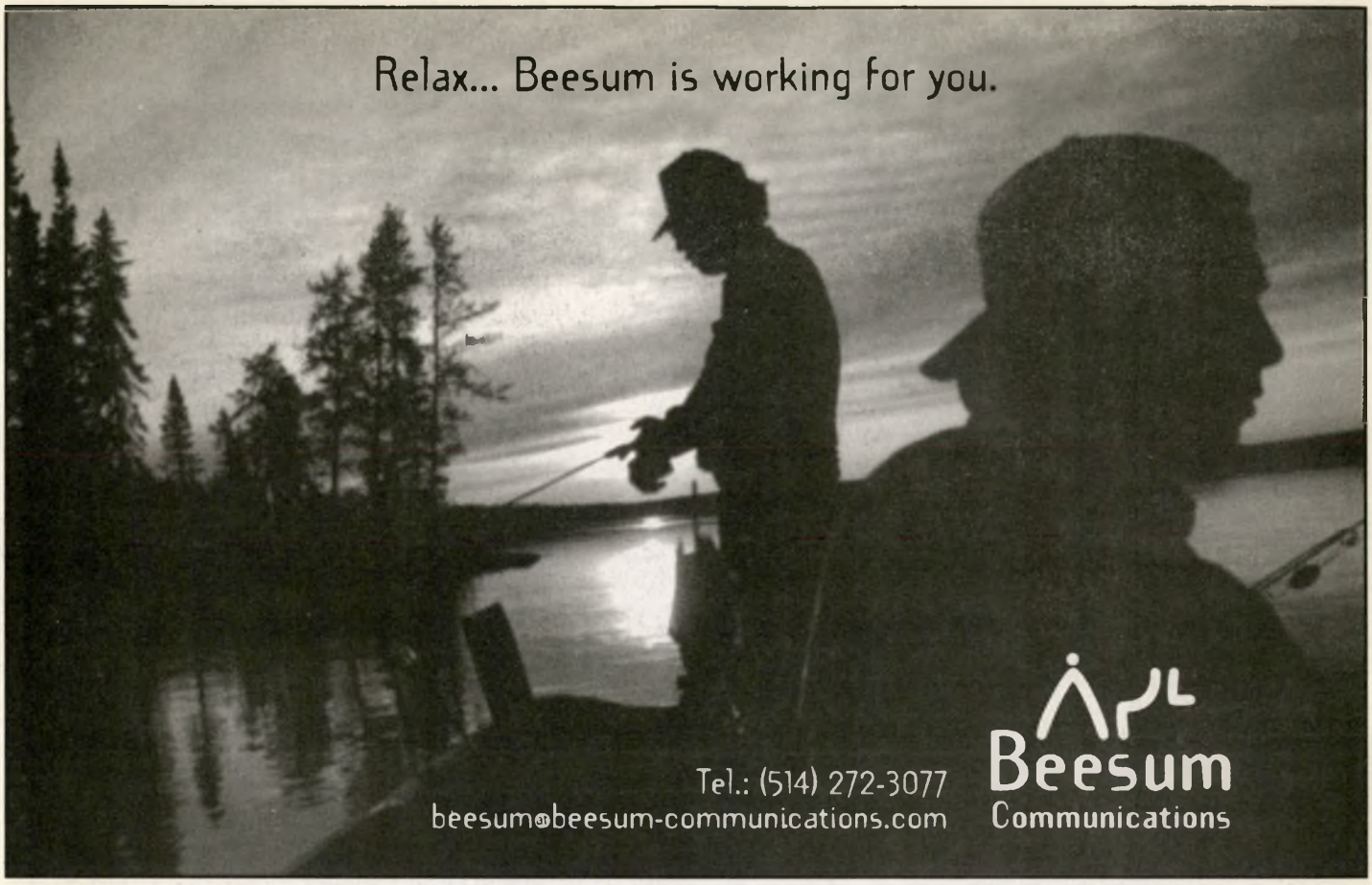
To prevent choking (all ages): Keep small objects away from your children, such as buttons, keys, coins, batteries, balloons, pins, earrings, etc. Teach your older children to do this as well. Never leave your baby alone when he or she is wearing a bib. Check toys and children's equipment for any small pieces that may break off. Avoid ties and ribbons on baby's clothes or toys. At mealtime, make sure to give only very small pieces of food. Blending, mashing, and chopping up the food is a good idea. Check baby pacifiers regularly. If it has begun to crack or has become sticky, throw it away. Make sure the rubber part is firmly attached to the plastic, if it comes loose it may come off and make your baby choke. Never attach strings or ribbons to a pacifier. Never give a child aged less than four years food such as nuts, popcorn, candy or gum. Teach your child to always sit still while eating, and never allow them to run or play if they have food in their mouths.

When a toy is labeled **Not Suitable for Children under 3,** that means that it has small parts that may cause choking. Even if you think your child is old enough, do not give it to her or him until the age of 3. Cords from curtains or window blinds can choke a child, either trim them or cut them off completely. Always make sure that the cords from electrical appliances, such as hair dryers, toasters, fans and kettles, don't hang off the edges of tables and countertops as kids could either pull on them or get tangled and choke.

To prevent drowning (and other tips for the bathroom): Always stay with your child when he or she is in the bathtub. It only takes a few seconds for a child to slip under the water when not being watched. Always use a small baby bathtub for infants and babies under one year of age, and not the full-sized one, as it is better for avoiding the child slipping under the water. Never use an infant tub seat, as drowning is possible if it tips over. For toddlers, always use a rubber bathtub mat to prevent slipping and falling.

Always test the temperature of the bathwater before placing your child in it. It should be warm to the touch, and never hot. When preparing a bath for your child, always run the cold water first; then add hot until the bath is warm enough (never hot). Run the cold water again for a few seconds to cool off the faucet. Always test the water with your hand first; the perfect temperature for little kids is actually cooler than the temperature that you would like for yourself. Never let your children play with the faucets, especially the one for hot. Never leave a child alone in a bathtub. Teach these safety tips to anyone whom you'd trust to give your child a bath (such as a babysitter or a relative).

If you have a swimming pool, or if your children may have access to one, make sure there is a protective fence secured around it. If it is an open space like a lake or a pond, make sure they never swim without proper supervision. Life jackets, waders and other protective gear are very important for children of all ages. Make sure other items such as a first aid kit, life saver ring, ropes and flotation devices are all close by. Teach your child to swim as soon as he or she is old enough. Make sure that the adult supervising the children is trained in first aid and CPR. (For information on where to go for First Aid courses, consult your local fire department, CLSC or band office for times and locations of courses offered. If courses are not being offered, ask for one).



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*(36 months term)

Learning to recognize autism

They didn't notice anything different about their baby boy until he was almost two years old. His speech patterns were not developing and he rarely tried to say "Mommy" or "Daddy." He never joined his older sister in play and he didn't answer when his name was called. At first his parents thought maybe he was deaf, but after some tests were done, they realized his hearing was fine. Something else was causing their son to be unable to react to the world around him. The cause of his unusual behaviour turned out to be a developmental disorder called autism.

by Séri Jacobs

What is Autism?

Autism is a syndrome that affects the brain and behaviour, and is caused by a problem in the central nervous system that leads to disordered development. It was first identified in 1943, but evidence shows it has existed throughout recorded history. It happens in all cultures and social groups, and affects more boys than girls. According to the Autism Society of Canada, the rate of autism now appears to be at least one in every 286 births in Canada.

It is important to remember that autism is not a psychological problem, nor is it a result of poor parenting; it is a developmental disability. There are many theories as to what triggers the first problem with the central nervous system that leads to autism, but there are no clear answers.

Symptoms

There are a wide variety of symptoms that are possible signals that a child may be autistic, which range from mild to very serious. Of course, people must always talk to a medical professional for an official, knowledgeable opinion. Some examples of autistic characteristics are:

- Speech and language progress are delayed or completely missing;
- Repetitive behaviour: spinning objects, flapping hands, pacing the floor, etc.;
- Lack of spur-of-the-moment communication with others. For example, never pointing out an object of interest to a parent;
- Not having different kinds of natural "make believe" play that is good for them at their age's development level;
- Not making eye contact with anyone;
- Walking only on tiptoes for a long period of time;
- Does not answer when his or her name is called or when asked a question;
- No interest in toys;
- When picked up does not shift his or her own weight to adjust for the movement;
- Does not like certain sounds or the feel of certain materials;
- Either extremely passive behaviour or extremely nervous, active behaviour;
- Aggressive behaviour toward others or to himself or herself.

Having one or two of these characteristics does not mean your child is autistic, however if he or she shows several of these combined, you should consult a medical professional.

On behalf of

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Best of Luck

to all students with your studies

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Who is affected by Autism?

Anyone who has been affected by autism, whether it is the child, parents, siblings, or extended family, can tell you it has a great effect. Acceptance and love are the first steps that must be taken. People must know that there is no one to blame. No one knows why autism happens to certain kids, but when it does happen it must be understood and dealt with right away.

The key to getting help for an autistic child is to get a solid diagnosis as soon as possible. Once the autism is identified, there are many things that a parent can do in order to make sure their child gets the proper care and effective treatments that will help them. This includes gathering information, seeking professional help and gaining practical knowledge about this disorder. Sharing this information with loved ones also encourages extended family and friends to understand autism, which in turn helps the larger community.

I'm not misbehaving.
I'm autistic
My name is Anna.
I don't speak, and often run away
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please take me to the nearest police
or security officer and page Jerry or
Lilly on the P.A. if available.
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The illustration above is an example of a t-shirt that can be used to help keep your autistic child away from harm.

Where to Go For Help

- **Cree Patient Services**

In Montreal (514) 989-1393
For general information and referrals

- **The Montreal Children's Hospital: Autism Spectrum Disorders Clinic**

(514) 412-4400, ext.23099
This clinic offers a wide range of services geared toward diagnosing and treating suspected autism. They also offer a parent group to provide support and education. Call the number above for more information.

- **Kahnawake Step-By-Step Child and Family Centre**

(450) 635-8498
The Kahnawake Step-By-Step Child and Family Centre was created as a result of the concerns of parents regarding the lack of services for their children who have disabilities. The centre offers daycare services, as well as specialized care for children with autism. They are also active in promoting awareness and understanding of developmental disorders, the prevention of disability and the successful integration of disabled persons into the community.

Resources

For a complete list of symptoms and other important information, please visit these web pages:

Organizations:
www.autism.org
www.autism-society.org
www.autismsocietycanada.ca
www.autism-resources.com

Autism Fact Sheet:
http://www.ninds.nih.gov/health_and_medical/pubs/autism.htm?format=printable

Montreal Children's Hospital:
www.thechildren.com

Personal Experiences with Autism:
www.donnawilliams.net
www.picturepage.net
www.hugsfeelgood.com/temple_grandin.html

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14,99

HESPELER Max
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Shoulder pads
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Loving the mentally ill

Urban Native

by tsa

It was quite some time ago that I watched a movie about two people who had quite an explosive relationship but who were nonetheless very much in love and wanted to be together. However, his job as a thug for a criminal gang prevented him from being able to fully commit to the girl. In the film he tries to get out of the clutches of the gang so that he won't lose the girl, but they pull him back in for one last job. The girl promptly throws him out and tries to move on. When the job goes awry, the girl is kidnapped to try to bring the guy in. She is quite ticked-off about the whole thing and befriends the kidnapper. She tells him everything about the relationship saying that she had just had enough of it all. One day as they are sitting on the curb outside a roadside diner, the kidnapper asks her a question, "When you are truly in love, when is enough, enough?" She begins to give a long, drawn-out answer, giving examples and citing references when he interrupts her. "No," he says. "The answer is never."

I often think of that in my own relationships with people. Sometimes I get so frustrated when things don't go the way I think things should that I'm prepared to throw it all away, to "throw the baby away with the bath water" as they say. It is then that I am reminded that when you love someone that enough is never enough.

Recently I was once again reminded that enough is never enough. One of my family members was diagnosed with a mental illness. It leaves him incapacitated some of the time, but normal the rest of the time. After years of dealing with this illness on his own, self medicating with drugs and alcohol, attempting suicide and pretty much testing the resolve and patience of the family, we finally found out that it was this mental illness that was the cause of his erratic behaviour. He has now been on pretty heavy doses of medication for the past four months. He is also trying to come to terms with having an illness, trying to deal with the past, trying to pick up the pieces of his life that had fallen apart while he was unaware of his illness.

I hadn't seen him in over a year. The last time I saw him he was still trying to figure out what was the source of his troubles. He was sad and depressed, struggling to keep afloat. He recently came to Montreal from British Columbia for a visit and we were all looking forward to it. We found that, appearance-wise, he hadn't changed that much and even his personality hadn't changed that much. He is still the same guy that he has always been, maybe not cracking as many jokes as he used to. I found that we could have a serious conversation with reflection and insight which we could not have before. His eyes are different as they show much fear and hesitation when he is bright eyed and bushy tailed but he is often tired. The medication he is on is really strong to prevent delusions and keep a handle on his rage which I am told can get out of control. But the heavy dosage also causes him to be somewhat zombie-like at times. If he doesn't remember to take his medication, it does not take long for him to become irrational and inconsolable. Everything is negative, no matter what anyone says he can take it and put a negative spin on it. He feels as though the world is against him and he can't trust anyone. He thinks there is no point to anything and that he should just drink and take drugs until he passes out.

The duration of his visit was extremely draining, both emotionally and physically, for everyone involved. It was risky from the start for him as he was mentally fragile before he left. It started off well but went downhill as he basically felt overwhelmed by everything. My emotions ranged from joy to anger to pity to indifference. I can't imagine what it is like to be in his head where he thinks and feels the things that he does. I feel frustrated because I don't understand the illness, I am not even sure exactly what it is and how it manifests itself. I don't know how to make him feel better when he gets into a spell. I feel for the family members who are the focus of his wrath when he hasn't taken his meds. And I feel disappointed in myself for feeling angry with him. I wanted to tell him to snap out of it already because I don't know what part is mental illness and what part isn't. To me he is pretty much the same as he has always been, but then maybe he has always had the illness. No one knows how long it's been there.

I feel disappointed because I felt ready to throw the baby out with the bath water. I was pushed to the point where I was ready to say enough is enough, that I can't and won't deal with it anymore. But then I remembered that I loved him, by choice. Besides the fact that he is my brother, I think he is a beautiful person on the inside. This illness may hide it most of the time but every now and then it shines brightly. So now all I can do is find out exactly what the illness is and read everything that has been written about it so that I can help him in whatever way possible.

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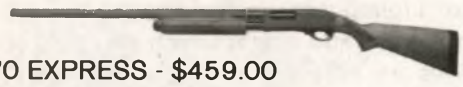

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UNDER THE NORTHERN SKY

STAYING AFLOAT WITH TRADITIONAL SKILLS

by Xavier Kataquapit

A generation ago, very few of my people were able to purchase any luxuries to make their trip on the land easier. Equipment such as toboggans, sleds, snowshoes, canoes and paddles were tools that required a great deal of work and money to acquire. Freighter canoes were purchased at great cost by trappers and hunters who were barely able to make ends meet to support their families. Therefore, the owners treated these canoes with great care. Individuals were able to keep and maintain old wooden framed canoes for years. Wooden parts that wore away were rebuilt with a lot of skill. Fabric from discarded clothing or other material was sewn onto the canvas hulls to repair torn holes. This resulted in a novel art form as you could view the different repair jobs on the canoes as they sat bottom up on the shore of the river. There were all kinds of patches in bright colours and patterns.

Another great skill that was prominent among many individuals in the past was the art of paddle making. The person fashioning the paddle first had to select the right type of wood. It started with a log being split by hand to carefully preserve as much of the main piece of wood used for the paddle. The wood carver would then have to use a very sharp axe to hew the split log in the shape of a paddle. This required much knowledge in knowing how and where to swing an axe to go with the grain or against the grain of the wood.

One master paddle maker stands out in my memory. He lived near our home, just across a muddy, wet yard from our house. He could not hear and was also not able to speak. His name was Frederick Carpenter but we knew him as Bah-neh-n-tii-nick in the Cree language. Frederick lived with his sister who also had the same condition. I have many memories of watching him from our front steps as he cut a bright new pair of wooden paddles for someone in the community. He always worked near the front steps of his house, beside a log pile. After years of working with wood to supply his stove and to provide the community with paddles, a large mound of wood chips and strips developed.

The paddles he produced were sought after by many people in town who traveled the waterways in our area. These paddles had to be strong enough to use for poling in shallow waters, light enough to paddle a canoe and long enough to use in deep water for pushing or dipping for river levels. Frederick could offer paddles capable of meeting all these requirements and he was also able to customize his orders and create paddles for smaller 18-foot canoes or the larger 24-foot freighters.

As an experiment one year, my friends and I tried to fashion our own paddles. As teenagers we had observed Frederick and other Elders skillfully and with what looked like great ease create these incredible paddles. My friends and I quickly found out how much work was involved as we spent an entire day cutting a split log into shape. Our hard work resulted in poorly constructed paddles with thin handles and a flimsy shaft. We took our creations out for a boat ride to test them out. Our poorly made paddles broke while trying to use them to launch our canoe into the water. This gave us an appreciation of the skills needed to produce a good paddle.

Frederick no longer lives across the way from my home. As a matter of fact our old homestead was moved to another location. He now resides in a new development which is dedicated to senior housing. Although he is much older now he continues to use his skills to make paddles. He creates tall strong paddles. They are built so precisely that they almost look as if they were constructed with modern saws and planers. As a young boy I never really thought much about where our boat paddles came from. I had always assumed they were purchased from the local store. Even though I had seen Frederick cut new paddles every year I did not know enough to appreciate just how much of an artist he was. It wasn't until later that I realized that these well crafted pieces of wood were the work of a skilled master. It is my hope that he and other paddle makers have the opportunity to pass these skills down to the younger generation. You never know when you might get stuck up the river without a paddle.

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CLASSIFIEDS

101 – Birthdays

I would like to wish a happy birthday to my lil'sister Esther Patricia Neeposh on sept 5/03;she'll be turning 5. Sorry I can't be at your first b-day party but I'll be thinking of you, make sure you remind mom to take pictures on your special day. Fr: your big sister Jane-Juliet who LOVES you very much. Ps.happy bithday mini me (mist.)

Birthday greetings going out to our daughter Patricia Angel turning 6 years old on September 10, 2003. Keep up the good work at school Girl. We love you with all our hearts. With love; mom & dad and your sisters; Valerie and Tyra-lynnsh

Happy 3rd Birthday to a beautiful niece Jacie Ryan Wapachee on September 10, 2003. I hope you have fun on your special day. We luv you alot. Your auntie Brenda-Rose and the gang XOX

Someone special celebrated his birthday on August 21, and I'm here to wish him a Happy Belated Birthday. Eugene, a birthday message for you has to be as perfect as perect can be...A birthday is a day of happiness, a day for sharing feelings, and a time for celebrating a very important person. And YOUR birthday is an especially important day ...because it's a time to wish you a wonderful year ahead. And it's a time to wish you a treasure of happiness from the year gone by. And it's a time to give you a lasting reminder that you are very special to me...and you will always be. Happy Belated Birthday Eugene! Hill xx...

Happy belated birthday to Esther Neeposh on September 5th. You are now 5 years old! We love you very much & may God bless you with many more birthdays. Hugs and kisses from all of us at 291 Nesk.

We would like to wish a Happy Birthday to Joyce Amisha Jewell Saganash she'll be 4 years old on Sept 3,2003 I'll bet 4 is a big Number for you right Joyce! And i thank God from above for this little angel he has given me remeber we love you with all our hearts. XOX Your Mom Brenda and Dad Ernest & Brothers

A very special Happy Birthday to my boyfriend on September 19, 2003. The words i want to say sometimes makes me stutter, so i tell i how much i care about you is by showing instead of saying. I miss you Baby! (WISH U WERE HERE !!!) lol ... Hugz N Kisses; from, moi

Happy Birthday to Jessica Wap from your buddies in Mtl. We hope you had a good summer and a good bday. Good luck in school this fall. Hey, watch out you're joining us. Big troubles, he he he...

I would like to send a Happy Belated Birthday greeting to my little friend Dakota Wapachee in Nemaska. His birthday was on the 9th of September 2003. May the Good Lord bless you. Many more to come. From your friend, Lindy Wapachee

I would like to wish a Happy Birthday to my friends from Waswanipi. G.P.I. on September 8th. T.M.T. on Sept 22nd and S.C.H. on Sept 30th. Hey gurls, don't ...uhmm...u know, too much...just kidding. Lol hmph. Take care. Oh yeah and have fun... don't forget about me partys gyeah...eh joke:P, hmph...from friend always Pat Cat.

This birthday wish goes out to my mommy Cheryl L. Trapper. Happy 35th Birthday Mom on September 5th ah nah? ...lol...oh yeah 5, saah mama your getting olf, hmph. Mom, thank you for always being there for me. You are my everything. I love you so much. Wish you the best in everything. Love always, your daughter Pat xoxoxo

We would like to wish a very special Happy 1st Birthday to a cute lil'boy from Waskaganish. His birthday is on September 29, 2003 and his name is Craydon Corson Rylie Hester... Unnjabouweh, ash one h die yin, how can we forget your birthday. We miss you, we wanna see that cute simile of yours:D. We wish we could see you blow your candle. Hope we can have a piece of cake. If so, Paulette bring it down over here, lol j/k. Once again, Happy 1st Birthday Craydon'sh and many more to come. ChaShaChiiDunNun Craydon'sh, Mmmuuuuaaaahh! From all of us, over here, your girlfriends in Waswanipi LOL. PS: Hope you won't forget about us...and take care! C-U soon.

I would like to say Happy Birthday to my wife Yannick Wapachee on July 9th 2003. I'm very sorry for the delay. I did not forget your big day, I was busy. Very sorry again, I love you so much. With love, your husband Freddie and your kids, Elton, Frederick and Geraldine xoxoxox

We would like to say Happy Birthday to our mom Yannick Salt Wapachee on July 9th. We love you mommy, we didn't forget your birthday. How old are you anyway? We have grown so fast over the years. We love you Mom, thank you for everything. With love, your kids; Elton, Frederick and Geraldine xoxoxo

We would like to say Happy Birthday to Elton John Salt on August 16th 2003. We love you so much. You have grown so fast over the years. Good luck in school, keep it up. With love, Yannick, Freddie, Frederick and Geraldine in Nemaska xoxoxo

We would like to say hello and happy birthday to our mother Janie cowboy. Her birthday is on September 21st. We wish we could be there for your special day and we miss you alot. Especially while cooking, thinking about the meals you use to make us and now we cook for ourselves. LOL! Anyway, have fun and God bless you. Love your daughters Martina and Maureen Cowboy in NorthBay Ontario.

We want to wish a Happy birthday to our brother Marlon cowboy. He will be celebrating his birthday on September 27. Don't have too much fun or else you will hurt yourself! We miss you man and we wish you could come down to see our beautiful place. Once again Happy Birthbay and many more to come! We found a pretty girl here waiting for you. J/K. Anyway, Be cool! And stay cool! Love your sisters in northbay Martina and Maureen.

3 years ago a little girl was born and it was very good news for our family to recieve a new bundle of joy. Now you are very big and smart little girl! We want to wish you a Happy 3rd birthday and many more to come. We miss you so much and hope we will see you soon! To our niece Myra tawnee with lots of love and hugs your aunts and cousins in northbay. Martina, Maureen, Marisa and Matthias.

We, my brother's and I want to wish a **Happy birthbay** to our gougou Janie and our uncle Boy! Marlon. Gougou will be celebrating her 41st birthday and Boy will be 16 years old! You are getting old for us. We will play some ball when we get back; catching up all the things you missed doing with us. Have fun on your day and we miss you both and love you both so very much! From Matthias and Marisa cowboy in Northbay, Ontario.

Happy 9th Birthday to our one and only special daughter Taralyn Leona Jamie Weistche, who will be celebrating her birthday on September 25th. It's hard to believe that you are growing up so fast, it seems just like yesterday when we firt held you in our arms. You brought us lots of love, joy and happiness in our lives. We are proud to have a beautiful, charming, intelligent, caring, and adorable daughter like you. I hope you will have all that you wished for on your birthday. Keep up the good work in school. We love you so much. With lots of love, hugs and kisses. Love always, Mom & Dad.

I would like to send a Birthday Greeting to someone very special in my life; my sister Taralyn Weistche. She will be celebrating her 9th birthday on September 25th. Thank you for taking care of me and letting me tag along with you everywhere you go, even if it bugs you, it's just that you mean a lot to me and I love you so much. Happy Birthday my sister, and many more to come. I hope your day was full with lots of love and full of wishes. With all my love, your little brother Rylan.

We would like to send a belated birthday message to our little boy who just turned 4 yrs old on August 12th. Happy Birthday Rylan, and many more to come. We wish you all the best the future holds. You are our sunshine, you always brighten up our days in every little thing you do or say. Good luck in school. We love you so much, with lots of love, hugs and kisses. Love always, Mom & Dad.

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CLASSIFIEDS

Happy Birthday to Karissa Selana Joy Hughboy who is celebrating her 2nd birthday on September 6th. Hope your day will be filled with lots of joys and happiness. I am sorry that I cannot be there to see you blow out your candles but I wish you a Happy Birthday and many more to come. With all my love, hugs and kisses, your namesake Taralyn

Happy Birthday to my favorite and wonderful Auntie Lorraine Jonah on her birthday September 6th. Thank you for being there for me when Mommy needs a babysitter. Remember you hold a special place in my little heart and I wish you all the best whatever the future may hold for you. And also I would like to encourage you not to give up on your studies, you are almost there, it's only a couple of months away to graduate. Good luck and keep up the good work. Love always, your lil buddy Rylan.

103 - Anniversaries

Happy 27th Anniversary to my wonderful parents; Matthew & Emma Wapachee on September 10th. We have a lot to celebrate on the 10th of September guys. Thanks mom & dad for your constant love and we love spending time with you guys. I hope you don't mind us coming over almost every evening. We love you both so much. May God bless you with many more anniversaries ahead. Luv: your daughter Brenda-Rose, Joseph and girls

Happy 4th Wedding Anniversary to our daughter Michelle Hester & our son-in-law Rod Blueboy on September 3rd in North Bay. One of the necest things in life for any parent is the joy of seeing two wonderful children build a beautiful marriage together filled with love and respect. With much love & prayers, Mom & Dad (Shirley & Bert) and your bros (Shawn, Ernest, Trevor) Wask.

Happy 18th Anniversary to our parents Cheryl and Albert Trapper on September 6th. You both mean so much to us. We wanna thank you for always supporting us. ChiimStaShaChiiDunNun. We'll cherish every moment that we spend with you both. You both are a true blessing for us. We love you soooo much. From all of us; Patricia, Ryan, Patrick and Ryanne'sh xoxoxo

Happy 1st Anniversary to our favorite cuz Kathleen Kawapit Masty and Gabriel Masty on August 23rd 2003. We wish you all the best in your future. May the Creator continue to bless you with a beautiful life together as a family with your wonderful daughters. With love, your cuz's and friends at the Daycare in Whap.

To my parents, Bertie and Sophia Small – I want to say how happy I was to have seen both of there when we your children (all 13 of us!) along with your grandchildren, great-grandchildren and friends helped you celebrate your 60th Wedding Anniversary last week on August 21st. Your commitment to each other all these years is an indication of how seriously you took your marriage vows before God and other witnesses. We your children saw the difficult times as well as the good times you both went through in your lives. We know that marriage is not perfect, that we need to work at it every day. (Yes...Love is patient...Love is kind...) I want to thank you from the bottom of my heart for all you have taught me and especially for your patience and understanding. I love you Mom and Dad! Doris.

104 – Graduations

I would like to send this special message to my brother Paul. Congratulations on your graduation. I am very proud of your achievement; you are one smart cookie, graduating at a young age. You can become whatever you want to be, just don't become a wild party animal. I hope you will make wise decisions as you grow to be a young man. Thank you for making Mom proud. Love, your sister Rachel.

300 – Personals

To my buddy Lily Belle Jolly, I would like to wish you the best of luck in college and especially to Kyle Linden LaShaun`s first year of school in Timmins, Ont. I hope you meet new friends and have lots of fun. We will miss you both. Take care of each other. Love in friendship; Brenda-Rose & Girls

This message is going out to the one I truly love with all my heart and soul. The special luckyperson is B.M.R. One day, everything changed when we first met. I felt like I knowned you for so long and that's why I can't let you go. Many times I've tried, but I couldn't because you mean a lot to me. Even though, we don't see or spend enough time together, you're so far away. If you only knew that I want more than anything in this world is two hearts and two souls to be joined as one forever. Start a new life together. Again, I love you so much and I mean it from my heart. Sorry if I hurt you in anyway cause I know I did. Never again. I'm very happy with you. You make me laugh and cry. I'm blessed to have you in my life. Just as long as we believe it is true love, it will never die and as long as you love me, I will too. This I promise to you. I believe that we were meant to be together. Also, I would love to wish you a Happy Birthday and when you blow out those candles and make your wish I hope it will come true for you. Sorry I can't be there for your bday, but I'll be thinking of you. Promise me no drinking. From someone who really loves you XXX

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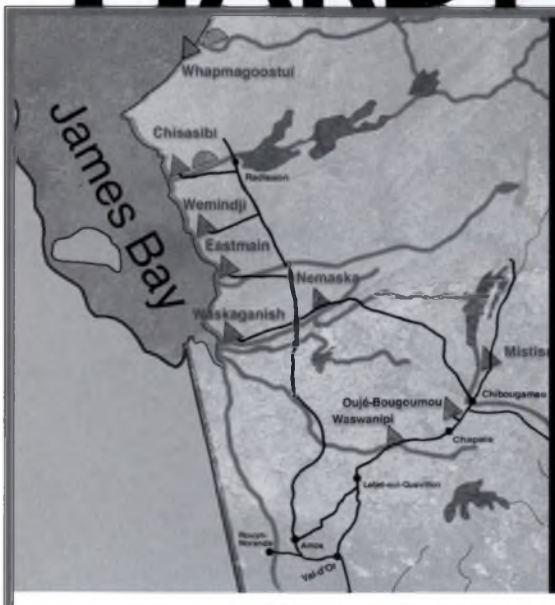

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For employers and individuals, use project proposal, submission process.

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